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THE FLYER

Vol. 38, Issue 18

Salisbury University's Student Voice

March 8, 2011

Rep Your Diver-"City"



Justin Odendhal photo

James Burks Jr. reaches for a shot during the Rep Your City basketball tournament, hosted by the Housing and Department of Residence Life Diversity Awareness Team. The tournament included five-on-five games, a 3-point shooting contest, music from WXSU and prizes.

Golden Gate Bridge suicide survivor speaks to SU

By Amina Aden
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Crying and distraught, voices inside Kevin Hines' head told him he was a worthless and useless burden. He made a pact with himself; if one person asked him if he was OK, he would turn around and not do what he was about to do.

Standing in front of the Golden Gate Bridge, no one approached him to ask what was wrong. A tourist came up at one point and asked whether he could take her photo and moved on with her life.

In Hines' eyes, it was clear proof that no one cared. That day in 2000, Kevin Hines jumped off the 245-foot, 25-story fall from the Golden Gate Bridge in California—and survived.

In cooperation with the Counsel-

ing Center, the Social Work Department, Housing and Residence Life Office and the Worcester County Core Service Agency, suicide sur-

"This wasn't a speech, but instead, a journey into a life many don't understand."

Orrin Webb
Freshman

vivor Hines came to speak to Salisbury University students on March 2.

"This wasn't a speech, but instead, a journey into a life many don't un-

derstand," said freshman Orrin Webb.

The Wicomico Room was completely filled, with students standing in the back and filed along the sides to hear Hines' story. Hines started the presentation with the question, "How is your mental health?" This question was pivotal to the rest of the presentation, for it was his mental health that led to his downfall. Passed down from his parents, Hines had type 1 bipolar disorder and manic highs. This affected how he assessed situations and thought and felt.

"These are problems we've all heard of, but never really thought (about) how it can affect your daily routine," said freshman Julia Miller.

The presentation began with a short music video by the band

See HINES Pg. 2

Success makes Beam lose sight

Felon talks to students about ethics

By Mary Capper
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After a corporate fall out as a result of financial fraud lasting six years, Aaron Beam went full-circle from mowing lawns as a first job to millionaire CEO and back again to mowing lawns after retiring. Before he lost it all to fraud, Beam had attained the American Dream: a nice, secure, high-paying job with a position at the top.

Beam met the CEO of HealthSouth, Richard Scrushy, just before the company opened, and after an interview he was given the opportunity to become co-founder and CFO of the company that would eventually become one of the largest in Alabama.

With the company's success, Beam

became a millionaire in a very short amount of time. However, within ten years after the company launched, questionable accounting began to take place.

The Perdue School of Business brought Aaron Beam to speak for its annual Ethics Week, in order to highlight the importance of ethics in business.

In his talk Feb. 28, Beam said the accounting fraud, shifting the books to make the company's earnings appear to be just a few percentage points higher with bogus entries and lies to auditors, was not forced by an inevitable downfall, but rather a strong desire to make the biggest company in Alabama even more profitable.

See ETHICS Pg. 2

Small wins big

History professor awarded for service

By Ashley Wilson
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On Salisbury University's campus, there are many Sea Gulls waiting for their chance to set themselves apart from the flock and make their mark in history. History professor Dr. Clara Small has done just that.

Small has committed herself to four decades of service and advocates the preservation of African-American culture. She has touched the lives of many students and youth and continues to educate students about Colonial America and African-American history.

Small's desire to preserve history and touch the lives of others on- and off-campus earned her the Harriet Ross Tubman Life-

time Achievement Award, which was given Tuesday, March 1.

"As a person who likes to talk a lot, at this time I feel speechless. This moment is unbelievable and I am very thankful," she said when accepting the award.

Tubman, the award's namesake, was responsible for leading hundreds of slaves to freedom using a system referred to as the Underground Railroad in the 1800s. The Underground Railroad was a series of safe houses used to shelter slaves as they traveled to escape persecution and bondage and to not be looked upon as an inferior race.

Small's presence and contributions are recognized and appreciated by fellow faculty members.

"Dr. Clara is outstanding, and it

See SMALL Pg. 2



Adrienne Price photo

SU President Janet Dudley-Eshbach and Louis C. Fields, President of the African American Tourism Council of MD, Inc., present Dr. Clara Small with the Harriet Ross Tubman Lifetime Achievement Award on March 1.

Some student voices muted in upcoming City Council Elections

By Katie Franklin
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Many feel the student voice is important in the upcoming City Council Elections. This begs the question, should students living in Salisbury nine months of the year

change their registrations to be able to vote here instead of in their hometown's city elections? Opinions vary on this topic; while some students feel it is important to vote, others, like sophomore Tiffany Knight, do not see the benefits.

"Honestly, I wouldn't change my

registration," Knight said. "I would wait until I have found a more permanent living location to change my registration so that way my vote actually affects me."

Knight hits on a similar point stressed by Joanne Barthman of the Wicomico County Board of Elections. Just because students

live here for more than half the year, she said, it is important for them to know that to change a registration, there needs to be a permanent residence listed, not a temporary one. She added students should understand the consequences of listing a temporary residence when changing a voter's

registration.

"I wouldn't vote in (neither my hometown's nor Salisbury's) city elections right now because technically I'm not a permanent resident of either city," Knight said.

According to the Maryland State

See VOTING Pg. 2

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Briefly Stated

Wednesday, March 9

SAE Greek Goddess
Sigma Alpha Epsilon Fraternity will be hosting its inaugural "Greek Goddess" Pageant, a competition open to the public, on Wednesday, March 9. The pageant consists of three main areas: eveningwear/best rejection line, Sigma spirit/"What a true gentleman means to you" and a toga competition. Faculty will judge participants and winners will be crowned based on creativity, zeal and presentation. Prizes include, About Faces salon packages, VIP cards to some of Salisbury's most popular nightlife destinations and more. The final interest meeting, rehearsal, and coach/escort assignments are Tuesday March 8 in the Holloway Hall auditorium. Admission is \$5 at the door.

Friday, March 11

Henna Party Returns
"India and the Sub-Continent" cultural events series continues with the return of last semester's popular henna/mehndi party from 10 a.m.-2 p.m. and 3-7 p.m. on Friday, March 11. Philadelphia-based henna designer Jumana Bootwala speaks on the history of mehndi—the ancient art of painting designs on the body with henna paste. It is an integral part of wedding rituals around the world, including in India. "Mehndi," or henna tattoos, will be available during the event. All mehndi is temporary, lasting up to two weeks. Sponsored by the Office of Cultural Affairs, admission is free and the public is invited. For more information call 410-543-6271.

Ongoing — Tuesday, March 15

Research Conference Deadline
The SU Student Research Conference Intent to Submit deadline is Tuesday, March 15. Students will not be able to submit abstracts if this deadline is not met. Once students have received faculty mentor approval, the abstract submission deadline is Friday, April 1. The SUSRC is intended to showcase the high-quality, independent work of students from across the University. Online submission forms and information are available at <http://www.salisbury.edu/susrc>. The SUSRC is Friday, April 29.

Tuesday, March 15

The Rope In Your Hands
Salisbury University's Institute for Public Affairs and Civic Engagement presents The Rope in Your Hands, written and performed by Siobhan O'Loughlin, on Tuesday, March 15. The performance is at 5 p.m. in the Black Box Theatre of Fulton Hall. The original, one-woman show is based on two years of ethnography, fieldwork and interviews with 13 survivors of Hurricane Katrina in New Orleans, ranging in age from 7 to 65, with diverse backgrounds of race and ethnicity.

"These are the stories as they were told to me, now performed through my own voice," O'Loughlin said. "I share their perspectives because they have the weight and strength and truth that New Orleans needs to finally resurface above the water."

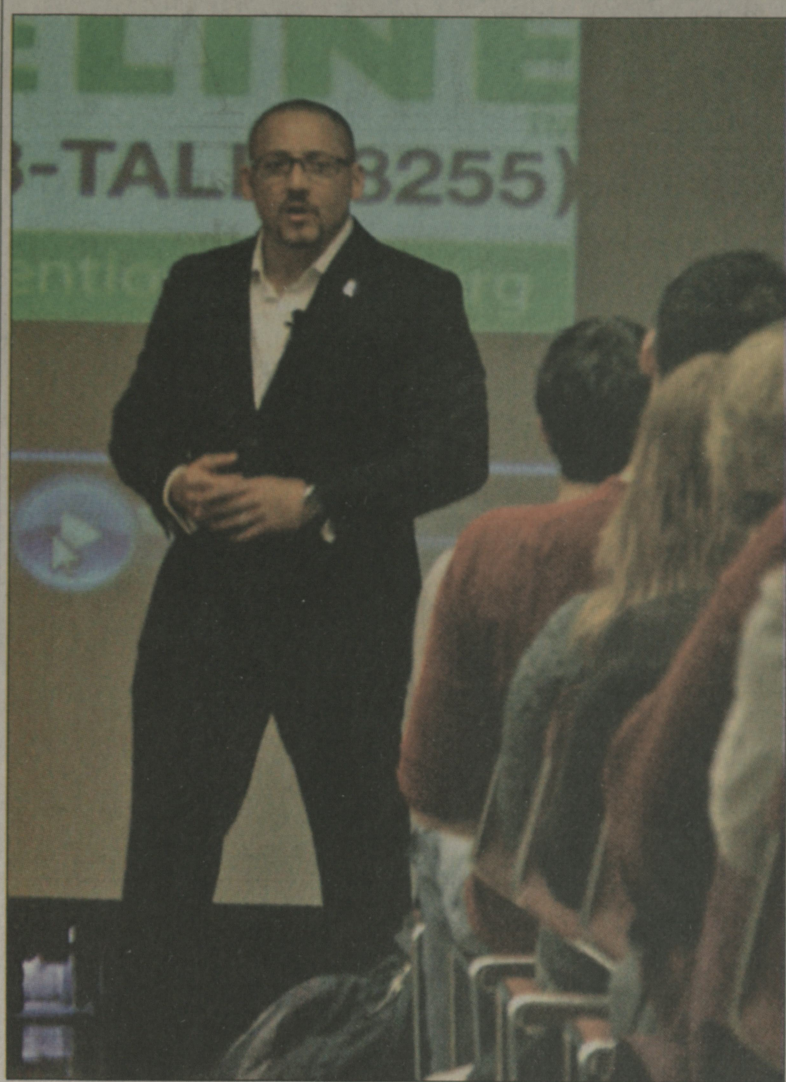
The performance is a special presentation for the PACE Presidential Citizen Scholars Program. Admission is free and the public is invited. For more information call 410-677-4045 or visit the PACE website at www.salisbury.edu/pace.

Wednesday, March 15

Caribbean Fair
The Caribbean Student Association is hosting a Caribbean Fair from 11 a.m. to 3 p.m. in the Link of Nations. There will be free goodies and chances to win prizes while learning about the different Caribbean Islands.

Ongoing

Sign-ups for Multicultural Festival Day
The Office of Multicultural Student Services will host its Annual Multicultural Festival Day on Wednesday, April 27 from 11:30 a.m. to 3 p.m. along the Pergola. Organizations wishing to reserve tables should contact the Office of Multicultural Student Services at 410-548-4503 or email Andrea Wheatley, Administrative Assistant, at awheatley@salisbury.edu. Groups can conduct demonstrations, raise awareness, have prizes/giveaways, raise money and recruit for members. This is a SGA recognized event.



Matt Goldman photo

Suicide survivor Kevin Hines addresses a packed audience in the Wiconico Room March 2.

Hines

Continued from Pg. 1

Friends of Emmet. The song "Coming Apart" was written about Hines' life and suicide attempt. As he explained his ordeals and situations that led to his attempt at ending his life, the room fell silent as students and faculty alike took in his words. "I desperately wanted to live, but my brain said I must die," Hines said. Hines' story has been seen on Larry King Live, Good Morning America, Anderson Cooper 360, 20/20 and CBS Sunday Morning News. "It was a pretty compelling presentation," said senior Zack Kline.

Ethics

Continued from Pg. 1

"We were actually doing very well," Beam said. "We were just motivated by greed." After the financial fraud began to take place, Beam decided to leave the company for good and retire. "I couldn't live with being part of the fraud," Beam said. "I felt trapped and didn't want to become the whistle blower."

The fraud lasted for six years before it was exposed. Beam had already been out of the company for six years, so he only ended up with minimum security in a federal prison for three months, since he pleaded guilty.

After Beam left prison, he said he found it hard to get a job. "I'm a felon," Beam said. "If 50 or 60 people apply to a job they won't give it to a felon."

"We are adding more of a concentration of ethics in business, classes and assignments," said Dr. Bob Wood, dean of the Perdue School of Business.

Freshman accounting major John Buntz said he finds the new emphasis on ethics to be beneficial to his major.



Kathy Pusey photo

Speaker Aaron Beam, center, poses with Perdue Farms Chairman Jim Perdue, left, and Perdue School Dean Bob Wood during his visit to Salisbury University Feb. 28. Beam spent time in prison for fraud.

Small

Continued from Pg. 1

is very nice to have her recognized alongside the legacy of Harriet Tubman," said Conflict Analysis and Dispute Resolution chair Tom Boudreau.

To earn such a prestigious award, it is necessary to do more than just help people from time to time. Small has steadily served the com-

munity, SU and other people in need. She has been teaching history to students at SU for a few decades now, and beyond her service on campus, she has provided food and comfort to those in need.

"Dr. Small was one of the reasons that (I) was able to graduate because after receiving instruction from her everything else was easy," said Tony Copeland, one of Small's former students.

Small touches the lives of many inside and outside of the classroom.

"Dr. Small has always been known for the rigor of her classes and high standard, but she is always willing to mentor students and lend a hand," said SU President Dr. Janet Dudley-Eshbach.

Small coordinated efforts in the Salisbury community to send more than 140 boxes of relief supplies to victims of 1999's Hurricane

Voting

Continued from Pg. 1

Board of Elections website, someone must inform the local board of elections of any permanent address changes. The person can also submit changes through the MVA.

It is also possible to change the registration by updating information on a voter's registration application or by submitting a signed written notice, the same website states.

Also according to the website, this process should take up to about three weeks, and if it takes any longer, the local board of elections should be contacted to ensure records are up to date.

Other students, such as junior Robin Stone, feel differently.

"To be honest, I'm not even registered to vote," she said. "But if I were, I probably would (change my registration) because I live here for most months out of the year."

The deadline to change voter registration passed on Feb. 8 for the City Council primary elections held Tuesday, March 1. There will not be a chance to change voter registration before the general election April 5.

Salisbury, like many college towns, houses thousands of students that can make an impact on city elections if they so choose.

"I think the student voice is important," Knight said. "We are the future of our country."

Although Stone is not registered to vote, she agrees. She explained that student voice is valuable, not just in voting, but in other aspects, too, Stone said. "I would like to think my opinion counts for something."

For the April 5 election, there are three seats open on the Salisbury City Council. Candidates are Muir Boda, Terry Cohen, Joel Dixon, Orville Dryden, Bruce Ford, Laura Mitchell, Timothy Spies and Michael Taylor.

"The Aaron Beam lecture made me rethink the value of making money and meeting expectations," Buntz said. "Mr. Beam had everything and had it all taken away because he listened to his boss and only focused on making the numbers look good."

Beam showed an example of how



Kathy Pusey photo

Aaron Beam, former CFO and co-founder of HealthSouth, talks about his experiences with fraud as part of the Perdue School's Ethics Week.

Crime Beat

2/25/11 - 2/26/11
4 p.m. - 3 p.m.

Theft

Complainant reported the theft of several NCAA banners from the athletic field area.

2/20/11 - 2/28/11
Midnight - 2 p.m.

Malicious Destruction of Property
Complainant reported that her vehicle was maliciously damaged while parked in the Dresser Lot (B).

2/11/11 - 3/1/11
4 p.m. - 2:15 p.m.

Malicious Destruction of Property
Complainant reported malicious damage to the Severn Hall exterior chiller units.

3/1/11
3 a.m.

CDS (Drug Violation) Off-Campus
Complainant reported a drug violation at University Village. The matter has been forwarded.

3/3/11
11:30 a.m. - Noon

Theft

Complainant reported the theft of a laptop from an unsecured locker in Maggs Gym.

SU's SGA encourages students, community to Stop Hatin'

Events hosted through the week put emphasis on tolerance

Salisbury University's Student Government Association holds its third annual Stop Hatin' campaign March 7-11, culminating with a public awareness walk at 4 p.m. Friday, March 11.

SU's events are part of a nationwide movement.

"Our hope is that after the campaign, the values we celebrate during the week will stay with SU and the surrounding area," said Breanna Nunez, event coordinator and SGA vice president of diversity.

Beginning in Red Square, the walk will include areas surrounding campus. Community members are invited to walk with students, faculty and staff, sending a message to "Stop the Hate." Parking is available at SU's Wayne Street Garage, the Guerrieri University Center lot off Dogwood Drive and the Blackwell Library lot off of Camden Avenue.

To RSVP and for more information, contact Nunez at 410-548-4757 or bn13170@gulls.salisbury.edu.

Remaining events include: Tuesday, March 8: Power of Words will be held in Caruthers Auditorium at 7 p.m. There will be different activities and a short video created by the SGA.

Wednesday, March 9: Let's Talk Hate, an open forum on hate-related topics and real-world issues will take place at 7 p.m. in the Wiconico Room.

Thursday, March 10: There will be a movie showing of "Crash" in Devilliss 123 at 7 p.m. Snacks will be provided on a first-come, first-serve basis.

Friday, March 11: A Stop the Hate Walk will begin in Red Square at 4 p.m. and will continue around the perimeter of campus. There will be a couple surprise guest speakers, refreshments and a short video presentation. Shirts will be given out to community members on a first-come, first-serve basis before the walk.

Shirts are free and will be given out at the end of each event.

Floyd in her native North Carolina, going beyond local collection to drive three vanloads of food, blankets, clothing and other necessities to the stricken area. She was also the first person at SU to organize relief efforts for victims in Louisiana in the wake of the devastating Hurricane Katrina in 2005.

"(As) a little country girl from North Carolina, I am humbled by this experience," Small said.

EDITORIAL

Overheard: Do you think that the copyright law that gives ownership of any picture taken during a concert to the artist is acceptable?

Photos and article by Adrienne Price and Kelly Mundle



"How are they going to keep track of this? It should be a separate issue if you are taking the picture for yourself and not to sell it."

-Kayla Smith, junior



"It is a ridiculous law. You should have the rights if you take the picture. It could turn into issues involving the courts."

-Juan Fuentes, freshman



"No. It puts a lot of photographers out of work, but depending on their employers, can give a lot of photographers more work."

-Paviana Bautista, freshman



"I think that this should go both ways. Both the artist and the person taking the picture should profit."

-Rachel Shue, freshman



"If you pay for the ticket you should be able to take and keep any pictures. It is not as if you are recording their music."

-William Tiller, sophomore

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Have you seen yourself in The Flyer? Stop by GUC 215 Monday - Thursday 8:30 a.m. to 3:30 p.m. with your flashdrive and we'll give you your pictures free of charge!

Sea Gulls share secrets



By Alexis Johnson
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You pass it every day, but that doesn't mean you've noticed it.

Among the several poster boards advertising student clubs, one board is dedicated to secrets our peers have confessed. Last semester, SGA sponsored Respect Week. Austin Hayes of Bacchus Gamma came up with the idea to have students confess their secrets during that week. Student Life Coordinator of Student Activities, Organizations and Leadership Sara Lowery said Bacchus Gamma is a peer mentor group on campus exists primarily to educate students on a balanced lifestyle.

Maybe you remember seeing the boxes in your dorm, Cool Beans or the library. Maybe you saw them and thought the project was dumb, or you were intrigued but didn't put anything in the box. Or, maybe you were one of the 75 to 100 students that shared your secret.

I viewed one of the boards with the secrets on the glass wall of the Student Activities Office about a week ago. I related to some, and others made me laugh out loud. I wanted to hug most of the contributors and tell them they're not alone and that they matter.

I agree with what Lowery told me, "Everyone is going through something."

We should want to know their stories and be open enough to share ours. True friends carry each other's burdens, encourage one another, and help each other to overcome pain. I want to be able to tell those who shared their secrets that we are all in the same boat.

If we are all honest with each other about what we're struggling with, or if we talked about the pain in our lives, we would be able to address the issues that keep us a slave to our insecurities.

The secrets on display have common themes: lies, poor decisions and fears. We all can relate to those feelings. I want to challenge everyone to start sharing their secrets with friends. We give too much power to what we fear, and we allow those fears to be our realities. It's giving into that fear that prevents us from ever realizing the guaranteed reality that we are not alone. We do our friends a disservice by believing they won't understand or be there for us.

Some mocked the idea of sharing secrets, some were too afraid, but we all need support and encouragement in this fragile life we have. We are blessed to have the opportunity to live in community. Let's not waste this time by keeping to ourselves, not trusting that we are worth loving.

Ms. Advice

Just Friends: Are friendships with the opposite sex too complicated?

I've been skimming through a book written by married couple that says guys and girls shouldn't be friends. It is their opinion that if you have friends of the opposite sex, your significant other (or future spouse) will not be able to handle your friendship.

While I don't agree with everything this couple has to say, I too think that friendships with the opposite sex can be risky. You never know if the person likes you or if they will start to like you. The awkward let's-define-the-relationship moment is almost always inevitable. And what happens when one of you starts to date someone else? Does the friendship just end or do you re-establish boundaries?

First of all, I think there is some truth to the idea that if you find the other person even remotely physically attractive, you are at risk of falling for them. That's just plain common sense. You aren't guaranteed to fall for the friend, but when you start a friendship with someone of the opposite sex, you are taking a risk whether you think you are or not.

Is this enough of a reason to not have friends of the opposite sex? I don't think

so; friendships are always risky. My motto is "Unless the person says to your face that they like you, assume that they don't." Remember, you are responsible for your actions and feelings, not the other person's.

When and if your friend starts dating someone, you have to accept that your friendship will change. No one wants to feel like his or her significant other would rather be with someone else. Hanging out alone is something that will have to change, too. However, I don't think anyone should avoid having friends of the opposite sex because of a relationship that hasn't happened yet. Just know that while guys and girls can (and I could argue should) be friends, the friendship will change once one person starts to date someone else.

I wouldn't waste any time worrying that the other person will start to like you, but making sure you are on the same page by evaluating your friendship when it seems necessary is a good idea in the long run. No one wants to contribute to a friend's broken heart, so be aware that how you treat someone affects him or her.

Lent: A time for forgiveness



By Amanda Biederman
Staff Writer
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As you probably know, today is the day of Mardi Gras, and many will celebrate with parties, parades, sparkling masks and brightly-colored bead necklaces. However, for some, this day has a deeper meaning. The term "Mardi Gras" is actually French for "Fat Tuesday," and it is the last day before Lent.

Lent is the 40-day period before Easter Sunday. So what does that really mean? Lent is actually a relatively unknown practice; in fact, it is non-existent in many Christian churches. However, as a member and follower of the Roman Catholic Church, Lent has always been an important part of my life.

Believed to have begun sometime around 360 A.D., Lent is a time for personal reflection, self-sacrifice and forgiveness. We focus on these virtues to remember the sacrifice we believe Jesus Christ made for us through His crucifixion and resurrection. Pope Benedict describes Lent as "...a long 'retreat' during which we can turn back into ourselves and listen to the voice of God."

To do this, many Catholics make a small sacrifice by "giving up"

something for Lent. Over the years, I have tried "giving up" sweets, makeup, frivolous spending and Facebook. Others will make resolutions; they will resolve to stop gossiping, or try to improve their prayer life. Often, sacrifice and resolutions can actually be combined; for instance, when I gave up Facebook two years ago I tried to use my extra free time praying the rosary. For some, Lent is a great time to focus on community service. Additionally, as a tradition, Catholics are expected to abstain from meat on Fridays during Lent.

Catholics place an emphasis on Lent because it recognizes the suffering that Christ endured so that our sins can be forgiven through reconciliation. This is, at its core, the basis of our faith and religion. It's why we believe what we do. I know that not everyone believes in Christ.

However, the idea of sacrifice and forgiveness is something that we can all relate to. I know that sometimes I tend to hold onto grudges and resentment; why not let them go? This month could be a time for you to reach out to someone, maybe through community service, or by just being a friend. It could be a time for you to step back and decide what's really important to you. We may each hold our own different sets of beliefs, but when it comes down to it, I think we have more in common than we realize.

~SUDOKU~ THIS WEEK'S PUZZLE:

2	9		5	3			
		4	2			7	8
3							
			9		6	3	
		1		7	2		
	2	5		4			
							6
4	7				9	8	
		7		8		9	4

SOLUTION TO LAST WEEK'S PUZZLE

5	8	3	2	7	1	9	6	4
7	9	1	8	4	6	2	3	5
2	6	4	3	9	5	1	8	7
3	2	5	6	8	4	7	1	9
6	4	9	1	3	7	5	2	8
8	1	7	5	2	9	6	4	3
1	5	8	9	6	3	4	7	2
9	7	2	4	1	8	3	5	6
4	3	6	7	5	2	8	9	1

Need help with a question or problem? Have something to ask Ms. Advice? Send your questions to gullgirlnextdoor@gmail.com.

Saudi Arabians work to organize "Day of Rage"



By Mike Gibb
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While much of the Arab world has been in a state of turmoil, demanding democratic reform, Saudi Arabia has been relatively quiet in comparison to Egypt, Tunisia, and Libya. Much of this can

be explained due to Saudi Arabia's pre-existing laws against trade unions, political parties and political protests.

It is also important to note that the aforementioned countries of protest have a relatively low gross domestic product and low GDP growth. Because of the shortcomings of the regimes, unemployment has run rampant, and there is little money relative to social programs to go around. Saudi Arabia, however, being the world's top oil

exporter, has a plentiful amount of revenue to help alleviate the problems that helped oust Mubarak and Ben Ali.

On Feb. 10, a small group of lawyers, human rights activists and Islamist intellectuals created the country's first political party. After its formation, the party sent a letter to King Abdullah demanding recognition, and asking for a liberalization of women's rights and the right to elect a portion of the Saudi government. On Feb.

16, six of the 10 original founding members were thrown in prison. Assuming King Abdullah decided to liberalize at least a portion of the rights of women, this would come into conflict with the Wahhabi variant of Sunni Islam, the leading religion of the country. If not met with clerical or royal objection, which it most certainly would, it could potentially serve to split large portions of the populace into different factions. Despite this, the abhorrent

conditions faced by Saudi women and Shia Muslims will have to take precedence, even if civil conflict is to ensue.

On March 11 and March 20, protests are being organized; it has been deemed Saudi's "Day of Rage." Unlike the ambition of the protestors in Egypt, Libya and Tunisia, the Saudi protests are calling for a constitutional monarchy, and a partial election on some of the higher officials in the government. In response, oil prices have already spiked to 100 dol-

lars per barrel.

The Saudi ruling elite have offered a plethora of incentives not to protest, including a 15 percent increase in the salaries public employees, and the release of numerous people from the archaic Saudi debtor's prison. Just as the rage of the Tunisians, Libyans, Egyptians, and perhaps soon, the Jordanians, could not be quelled so easily, it is doubtful that the people of Saudi Arabia will so willingly sell their dignity for a Royal.

Campus Life by Anonymous



Safety first: Hearing about prowler should spark concern

By Aija Allen
Staff Writer
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salisbury.edu

Safety is the last thing on most college students' minds.

Although self-protection is usually an inherent defense mechanism for people, it is easy for anyone to become nonchalant about their safety when constantly having to prioritize other matters.

Campus residents typically regard their campus as a sanctuary, similar to that of their original home. Naïveté excused, the simple tendency for inattentiveness to possible safety problems is generated by no other reason than a desire to feel comfortable. Why shouldn't students want to feel comfortable at a place they frequent for nine months of the year?

As the school year progresses, so do warnings via campus e-mail about various crimes. With those frequent messages comes dwindling trust in Salisbury University's ability to provide protection.

Recently there was news of a prowler targeting areas near campus. While this e-mail notification was very much appreciated, many turned a blind eye to this call for awareness. Be that as it may, individuals most likely to learn of the danger would learn through word of mouth or not learn of it at all.

The dangers of ignorance and lack of caution are then very high and leave any person susceptible to becoming a possible victim of criminal acts.

College years are supposed to be the best times for students, and SU does a good job of providing enjoyable opportunities as well as excellent academic programs. But it is imperative that students and all others conduct their activities with awareness for possible safety hazards and unsafe situations. Keep your eyes open and your doors locked.

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GUC, Inside The Gulfstream

Letters to the Editor

Salisbury City Council candidates write in with opinions

Tim Spies

The 2011 Salisbury City Council primary election is over. But no candidate who advances to the April 5 election can rest on laurels. Each must prove to the electorate possession of the knowledge, motivation and professionalism that are hallmarks of successful leadership, and display those characteristics and point to personal history that supports them.

The City Council needs a change in direction. First and foremost, it must focus on reducing the crime rate that keeps away jobs and opportunities, devours government financial and personnel resources, raises taxes, tuitions, insurance rates, retail costs and rents, and puts Salisbury high on the list of most dangerous cities.

It's time for that to change. It's time to aggressively and comprehensively address crime, to enthusiastically support the recommendations of the city's Crime Task Force, to boost the effectiveness of local law enforcement and to end the politicizing of our deepest problem so that we can effectively move to correct it.

My experience can bring about that

change. I worked my way through Salisbury's nursing program as a police officer in Ocean City. As a longstanding member of the University's Town-Gown Council and Neighborhood Relations committees, I initiated and pushed for integrated communication among university and local law enforcement agencies, an idea that has since become a highly valued reality.

As the father of a recent SU graduate and an undergraduate, one who shares your concerns at a personal as well as a community level, I ask for your vote so I can take the next logical step in making Salisbury a safer student community and a safer community for students.

Tim Spies

BSN, RN, CDMC (HMC), USN, Retired
Candidate for Salisbury City Council
www.timsbies.com
tim@timsbies.com

Authority: Emily E. Spies, Treasurer

Terry E. Cohen

Many students with whom I speak are concerned about crime in our community, as are many residents of the city. I'd like to share some hopeful news and ask for your help in making additional meaningful progress against crime.

In 2010, Salisbury's most serious personal and property crimes, known as "Part I crimes," fell by 17.8 percent. Arrests were up, incidences were down - a good trend. Calls for service were higher, possibly from an increase in warrants served, arrests and encouragement to the public to call police about suspicious activity.

Yet, we all know it's not enough. Our new police chief, Barbara Duncan, knows it's not enough. Although I am credited with bringing the Maryland Safe Streets Program to Salisbury, which resulted in nearly half a million dollars in crime-fighting funds and extensive law enforcement and state agency partnerships, I know our work is just beginning.

My proven commitment to crime reduction was likely a key factor in my success in the March 1 city primary. I ask students

not just for their votes in the April 5 general election to return me to City Council, but also for your positive involvement on the crime issue and in the city elections. Too often, students and other vulnerable populations can be misinformed or exploited during election periods by special interests.

Please call me at 410-845-0296, e-mail me at Terry@TerryCohen.com, and/or visit my website at www.TerryCohen.com, and let's talk about how you can help create a safer Salisbury for yourself and others. Living near and having worked at Salisbury University, now serving on its Town-Gown Council, I know how valuable student input and action can be.

Terry E. Cohen
Member, Salisbury City Council
Incumbent Candidate,
Salisbury City Elections

Authority: Citizens for Terry E. Cohen -
Rebecca A. Goss, Treasurer

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Crowd cracks up with Seaton Smith

Audience gets involved with comedy show

By Kristina Jackereas
Staff Writer
Kj94017@gulls.salisbury.edu

It's nearly halfway through the spring semester, and many students are becoming more stressed. Tests may be frequent and assignments are piling up. It can be almost difficult for college students to catch a break.

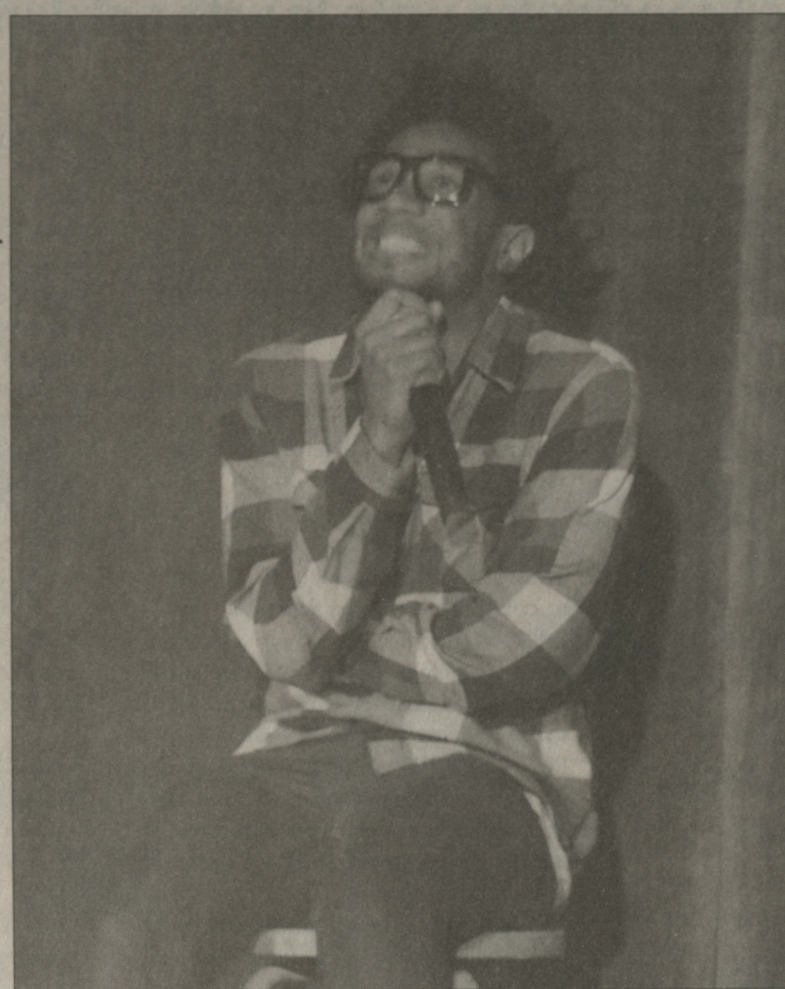
SOAP is able to help ease the burden by providing Salisbury with comedy events.

"I believe that comedy events are necessary on a college campus," said Telecia Taylor, president of SOAP. "They help to relieve the stress of classes, work and life."

On March 1, Seaton Smith, the Brooklyn-born comedian, presented a one-hour act of endless laughs. Smith mentioned many things college students could relate to, including parking tickets, relationships, pop culture and texting.

"Smith was electrifying," said SOAP comedy chair Julian Scott. "The whole event was very exciting to manage, and I was surprised by how smoothly everything went."

Smith has been doing comedy for eight years, and he said he enjoys the self-involvement that it



Erin Corcoran photo

Comedian Seaton Smith smiles to himself, and the audience, as he shares a joke with students on March 1.

brings. "I like taking my experiences and putting them into the jokes, that way, people can relate to them," he said.

He said he also loves comedy and the benefits that come along with it.

"The crowd was great; it's always good when the audience participates in the jokes," he said.

"Comedy is different from other practices," he said. "It gives you instantaneous results. There's no lying or faking, if the audience doesn't like the joke, they won't laugh, but all in all, laughter is great to hear. It reassures me that I'm doing a good job."

Smith's jokes created a positive vibe within the auditorium, and students took a liking to him rather quickly.

"I loved him," said senior business management major, Chante' McKinney.

"I related to several of his jokes, and so did my friends," she said. "The jokes about relationships were my favorites, they were hilarious, and again, I was able to relate to them."

Antione Cuff said he enjoyed the performance.

"It's nice to see many good comedians coming to Salisbury," said Cuff, an accounting and finance major.

Fraternity flourishes

Omega Psi Phi plans to reactivate soon

By Bianca Makle
Staff Writer
Bm70229@gulls.salisbury.edu

On Nov. 17, 1911, three undergraduate students, with the help of their faculty adviser, created the Omega Psi Phi Fraternity at Howard University. One hundred years later, the fraternity is still growing and branching out all over the U.S. and abroad.

Currently the fraternity has 23 chapters in Maryland and one of them is returning to its home in Salisbury.

On March 3, brothers from the fraternity — who joined in many different years — came to talk about the fraternity, others came to support those who were speaking.

The Gamma Kappa Chapter of Omega Psi Phi Fraternity, Inc. is currently working on becoming reactivated, according to Anthony Sierra, graduate student and Resident Director of Manokin Hall. He is a member of the graduate chapter, Pi Alpha.

This involves presenting to the University in addition to filling out paperwork, he said.

On May 1, 1976, Omega Psi Phi made its first appearance at Salisbury University. It was founded by Jerry West and was the first African-American Greek letter fraternal organization on the campus. During this time, the gentlemen of the Omega Psi Phi fraternity conducted many programs to uplift the community.

In addition, they started many fraternal traditions on campus. The Omega Psi Phi fraternity takes part in community outreach, social action programs and more.

The most recent members of the SU's undergraduate fraternity, Gamma Kappa, joined in 1992, Sierra said.

Current SU undergraduates Paul Moore and Earl Harris are brothers who joined through the graduate chapter, Pi Alpha, which oversees Salisbury University, Delaware State and University of Maryland, Eastern Shore. When the chapter is reactivated

Moore and Harris will become part of Gamma Kappa.

The four principles of the fraternity are manhood, scholarship, perseverance and uplift. Brotherhood was a heavily stressed point the Omega Psi Phi men talked about in their interest meeting on March 3.

The quote "Friendship is essential to the soul" was repeated many times throughout the presentation and can be found on the official website.

Osborne Robinson, who came to Salisbury University in 1988, said he originally had no intention of joining a fraternity when he started college. It wasn't until someone very influential in his life told him about the Omega Psi Phi that he changed his mind.

"My pastor was an Omega man and my father was in a fraternity, too," he said.

He said these two men caused him to change his mind and decide to join the Omega Psi Phi fraternity.

Moore said the reasoning behind why he wanted to join was also due to his father.

"My father is a part of this organization so when I got here I took it upon myself to go out and seek the fraternity," he said.

Harris, his journey to becoming a part of the fraternity was different. After meeting brothers of the fraternity at Bowie State University and seeing the bond they had between them, he said he decided that Omega Psi Phi was the fraternity for him.

Omega Psi Phi is now looking for gentlemen to join their brotherhood and keep the traditions going. If interested in joining, additional information can be found on the Omega Psi Phi official website, oppf.org.

To join, members will — at the very least — have to be in good standing with the University educationally and judicially, have a minimum 2.5 GPA and do community service. Sierra said to speak to a current member if interested in joining; the brothers wear their letters and are active in the community.

Last Lecturer says "...life happens."

History professor Karen Silverstrim teaches students "Things they don't teach you in school."

By Steven Graves
Staff Writer
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SOAP is known for their creative and innovative programs here at Salisbury University, and the "Last Lecture" event was no exception.

History professor Karen Silverstrim was the speaker for SOAP's "Last Lecture" on March 3.

"I proposed the idea to the professors at SU and I got about ten of them interested," said SOAP's lecture chair, Diana Mitchell.

The interested professors gave their ideas of what their last lecture would be about and SOAP put out a survey to the student body to vote. Silverstrim had the most votes.

She gave her speech on "Things they don't teach you in school."

Silverstrim touched on subjects

such as "looks can be deceiving," "how to be a friend" and "think before you act."

Her speech was full of examples that students could relate to. In her lecture, she used celebrity yearbook pictures of Tina Fey, Eminem, Snoop Dogg and Kate Gosselin to teach students that time changes people whether they like it or not.

"It was funny and interesting that she compared well-known celebrities to what we're going through today," said freshman Lillian Barnwell.

To personalize her speech, Silverstrim showed the audience pictures of herself as a teenager.

"You have to remember the big picture because life happens. No matter how much you plan, life still happens and next thing you know, you won't even recognize

yourself."

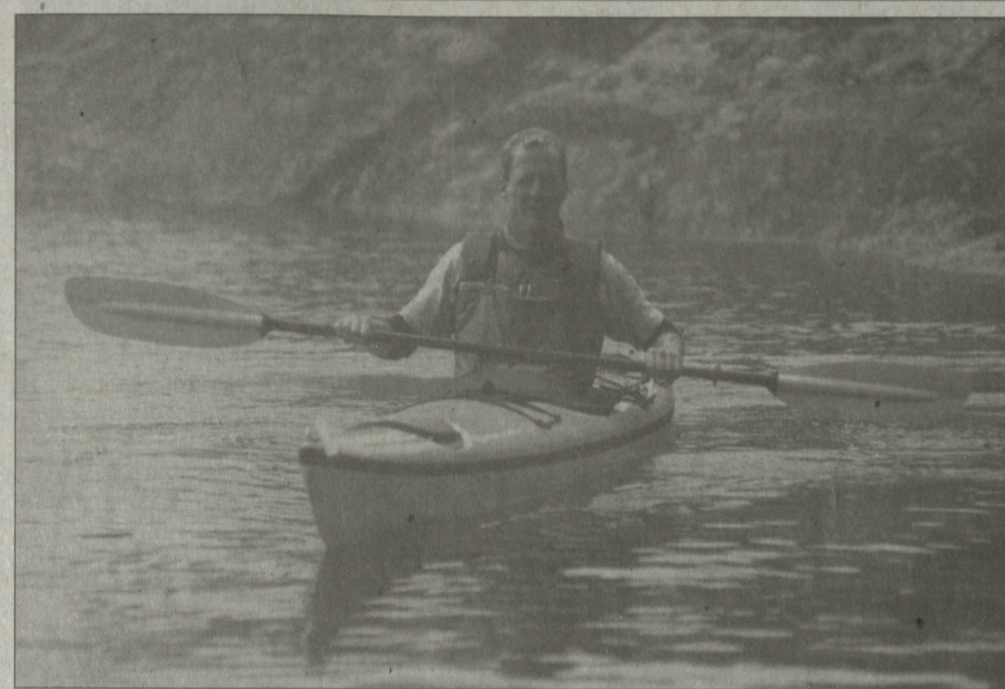
Silverstrim left her students with encouraging words and food for thought.

Freshman Elizabeth Dahlen said she was "able to relate the lecture and examples to the students very well."

When closing her talk, Professor Silverstrim left the students with these words: "While in college, have lots of fun, make your choices, feel free to change your mind, explore your world and enjoy your college years."

The idea for the event was inspired by Dr. Randy Pausch, a professor at Carnegie Mellon University.

"Dr. Pausch had terminal cancer and he decided to make his last lecture a big deal and invite students to come," said SOAP's lecture chair, Diana Mitchell.



Publications photo

Brent Nixon, shown here on a canoe trip, will share his Alaskan travels on Monday, March 14 and will speak on killer whales Tuesday, March 15.

Nixon to share travels through talks

SALISBURY — Nature enthusiast Brent Nixon is bringing the land, people and animals of the Pacific Northwest to Salisbury University.

On Monday, March 14, he journeys through "Alaska!" at 6 p.m. at SU's Ward Museum of Wildlife Art. His talk and visual presentation explore that state's Inside Passage, providing an up-close look at a place where travelers may "fly with eagles, walk forests with bears and swim icy waters with whales."

On Tuesday, March 15, he examines the "The Orca Controversy: Where Do You Stand?" at 4 p.m. in SU's Henson Science Hall Room 103.

Currently, Nixon is president and CEO of Nature Talks, a Washington-based group dedicated

to environmental education and endangered species research. In the North Pacific, he has examined the behavioral responses of humpback and killer whales to increased human influences, including boating traffic.

The presentations are free and refreshments will be served prior to both events. The Alaska talk is sponsored by the Ward Museum and SU's Richard A. Henson School of Science and Technology. The Orca talk is sponsored as part of the Henson Seminar Series.

For more information call 410-543-6489 or visit the SU Web site at www.salisbury.edu.

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For more information call 410-543-6489 or visit the SU Web site at www.salisbury.edu.

SU recognizes Women's History Month through variety of events

SALISBURY, MD — Women in a time of war is one of the topics explored during March Women's History Month at Salisbury University.

Kym Rice, director of George Washington University's Museum Studies Program, keynotes the celebration at 5 p.m. Wednesday, March 9, in Teacher Education and Technology Center Room 156. Commemorating the 150th anniversary of the Civil War, she speaks on "A Woman's War: Southern Women and the Civil War." Rice, has created exhibitions at the Smithsonian Institution, the Museum of the Confederacy in Richmond, Va., and the Colonial Williamsburg Foundation, among other museums and historical sites.

The 1985 Academy Award-nominated documentary "Las Madres: Mothers of Plaza de Mayo" is screened at 7 p.m. Wednesday, March 16, in Henson Science Hall Room 103. The 64-minute film is a testimony to feminine power through the Argentinean dictatorship of 1976-1983.

During that time, the government was responsible for the "disappearance" of some 30,000 citizens. In 1977, the mothers of the "disappeared" started to gather in the Plaza de Mayo asking for answers. The military government tried to disband them violently, but failed to silence them. Today, they still meet once a week, demanding justice for their lost children and are defend-

ing human rights activities. A discussion with Drs. Corinne Pubill of the Modern Languages and Intercultural Studies Department and Emily Story of the History Department follows the film.

Blackwell Library hosts a Women's History Month exhibit throughout March, while SU's Edward H. Nabb Research Center for Delmarva History and Culture provides an online version of its 2010 exhibition "Portrait of an Eastern Shore Woman." The Nabb exhibit showcases 19th century women of Delmarva, placing them in the context of home and hearth, and showing the physical pain and 'heartache regularly faced by women of the time. It is available for viewing at <http://nabbhistory.salisbury.edu/archives/exhibits/digitalexhibits.asp>.

SU students, faculty and staff interested in helping to plan next year's Women's History Month celebration are encouraged to attend an interest meeting at 3:30 p.m. Thursday, March 17, in TETC Room 321. Refreshments will be served.

Sponsored by the Women's History Month Committee, admission to all events is free. For more information call 410-543-6030 or visit the SU Web site at www.salisbury.edu.

Reduce, reuse, Recycle Mania

SGA to provide T-shirts for recyclers during first recycling event March 14

By Emma Kobylenski
Staff Writer
Ek21439@gulls.salisbury.edu

In 2009, the U.S. Environmental Protection Agency reported that approximately 45 percent of all solid waste is paper, cardboard, glass and plastics. By recycling these items, students can help reduce the overall waste generated by the University.

SU has had its own campus-wide recycling program since 1990 and according to Grounds and Horticulture Manager Rebecca Rosing-Johnson, "SU's program is one of the oldest in the USM system. In 2010, SU recycled 33 percent of the solid waste generated on campus."

"On March 14, SGA will be hosting their first annual recycling event, called Recycle Mania. The event will allow students to bring recyclables to Red Square. Examples of recyclables include cardboard, aluminum and tin cans, and plastic and glass bottles. If a student comes with five or more items for recycling, he or she will receive a free t-shirt. Students will receive an hour of volunteer work if they bring a whole bin worth of recyclable materials."

"I hope that it will inspire students to think twice before they place their plastic bottles in the trash can," said Tanner Shepherd, SGA vice president of Public Relations. "If I can get a couple individuals to make that conscious effort to walk a couple more feet to find a recycling container or even to have a recycling container in their dorm, we have done our job."

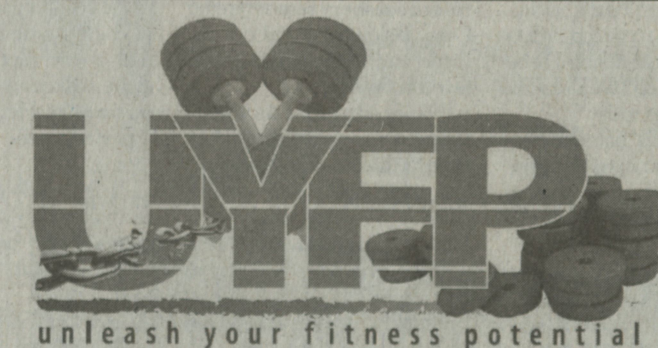
Rosing-Johnson said she believes "any event that gets students interested and talking about recycling is a wonderful thing... I believe that there are plenty of options available on campus if people choose to recycle. We have tried to make it convenient. I feel as though participation can always be stronger but the SU community does a great job."

This is not the first event of its kind; SU has also been a four-year participant in Recycle Mania, which is a national contest to promote recycling on campuses all over the United States.

Many students on campus are avid recyclers.

"I am for recycling and do it any chance I get," said sophomore Heather Malart. "I see the containers everywhere but I don't think people use them as much as they could."

"My family has never recycled and I also don't go out of my way to recycle," said graduate student Michael Greenfield.



Did you know that...

By Eric Buratty
Staff Writer
Eb55419@gulls.salisbury.edu

...exercise is catabolic?

People often fail to realize that physical activity creates metabolic fatigue. When too much metabolic stress kicks up, performance begins to deteriorate due to muscles not being fueled properly. Over time, this creates a catabolic environment in your body—one which is suitable for muscle breakdown, or atrophy.

While exercise is arguably one of the best solutions to a healthy body, it serves no purpose when there's no fuel to perform. So, an anabolic environment is desired instead. This is an environment which is suitable for the replacement of fatty layers in your body with leaner tissue.

While the term "anabolic" is commonly associated with steroid use, the more proper association needs to be focused on metabolic efficiency. In other words, by staying anabolic before, during and after exercise, your body's tendency of storing calories as fat decreases. This is one of the main reasons why smaller, frequent meals throughout the day help an individual stay leaner and perform better, regardless of their physical goals.

...exercise and ego don't mix?

One thing that's really annoying is how ego and pride have become dominating measures of good performance. More specifically, people often associate more time spent or weight used with a productive workout. The frustrating part about this is when those specific time and weight quantities are thrown around in conversation with peers casually and often in a bragging sort of way.

While there's nothing wrong with being proud of yourself for doing more work, there is a problem when "more work" becomes the daily expectation. This expectation is the driving force behind an egotistical character at the gym. An

egotistical person fails to acknowledge the fact that the human body is very dynamic, and exercise performance varies on a daily basis. They don't account for the external stresses like work, lack of sleep or relationship problems that will invariably affect the quality of a workout. This is one of the main reasons why quality conquers quantity measures in life.

...exercise variety can sometimes be counterproductive?

While a workout with lots of exercises may look good on paper, too much variety may lead to poor performance. Moreover, the quality of a workout can often suffer when people fail to realize what works best for them. Instead of focusing on the how many muscle groups you hit, ask yourself if your workout was really efficient in terms of exercise range-of-motion.

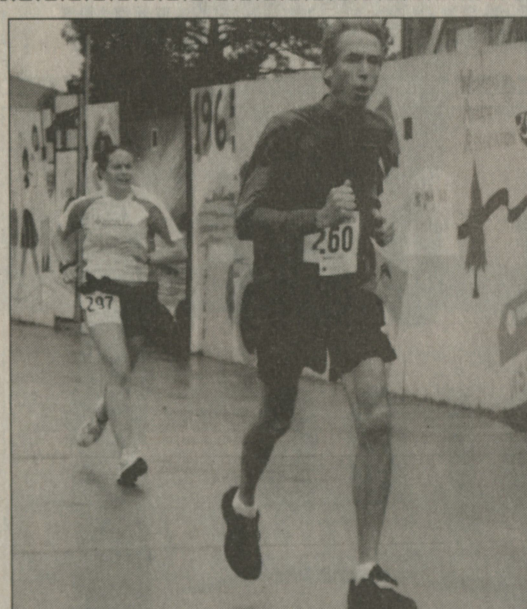
There's much to be accomplished by the majority of the American population when exercises with larger ranges-of-motion become the major concentration of their workouts. More specifically, by including no more than three main exercises per session — deadlift or squat, bench press and rowing variations — people can attack many muscles at once while revealing their strengths and weaknesses. Having fewer exercises to perform during a workout can also boost personal motivation, to not only maintain better rep quality, but potentially increase their frequency of training.

If you found the aforementioned information helpful, I'd love to hear about it. Please head over to my website, www.unleashyourfitnesspotential.com and just post a quick comment!

I'm a certified trainer. So if you have any questions about training or nutrition, feel free to e-mail me at eb55419@gulls.salisbury.edu. For those who are more serious, specify that in your e-mail, and I will be more than happy to consult with you. You may also visit www.unleashyourfitnesspotential.com to stay up-to-date with my column posts.

From the Photo Bank:

What's Happening On Campus



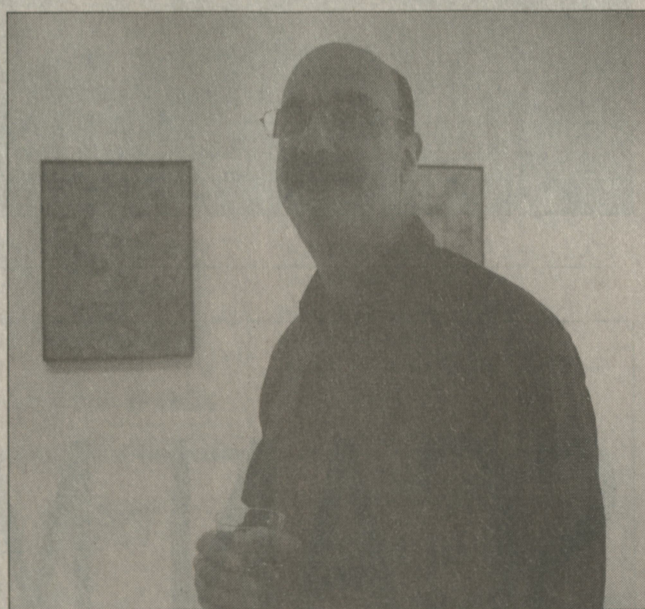
Vanessa Junkin photo

Rick Wood finishes the 10-mile Tim Kennard River Run just ahead of another competitor.



Erin Corcoran photo

Senior pitcher Kyle Judson pitches the ball against his St. Mary's opponent March 5. The Gulls won both home games against the Seahawks.



Justin Odendhal photo

Art Department professor Gary Brotman stops for a photo during the March 4 reception of his exhibit in GUC.



Adrienne Price photo

Ultimate Frisbee team members Vince Petrucci and Jake Hurley jump for the disc in front of Holloway Hall during practice March 1.



Justin Odendhal photo

Members of India's Nrityagram Dance Ensemble engage the audience with a performance in Holloway Hall auditorium March 2.



Justin Odendhal photo

A member of the Salisbury track and field team competes in the Salisbury University Spring Classic. The men earned 243 points while the women earned 172 points.

Spring Classic is success for SU Outdoor Track and Field

Gulls win 11 events and 40 top-three finishes

By Ryan White
Staff Writer
Rw57097@gulls.salisbury.edu

The Salisbury University men and women's track and field teams hosted their Spring Classic March 6, under gray skies on a windy afternoon. The Sea Gulls won 11 events and earned 40 top-three finishes. Both the men and women earned total team victories; the men outscoring their closest opponent, Shenandoah University 243-112, while the women out-scored Shenandoah 172-113.

Head coach Jim Jones said he "was pleased with how we competed today and the number of points that we scored shows the depth of our program." He then added, "It was a great win for both teams in a quality meet."

During Jones' 12-year reign at SU, he has won eight Capital Athletic Conference crowns and five NCAA Division III individual national titles. Saturday's Spring Classic mirrored this success and proved these young Gulls can really soar.

"We competed well under windy conditions and that showed me that as a team we are ready to compete mentally and physically," Jones said.

The women had outstanding performances across a range of events. Senior Liz Tollet and junior Rachel Holtzman nailed victories in the hammer throw and 5,000 meter runs. Another top performance came from freshman Kara Tolson, who kicked off a stellar start to her out-

door track career at SU with top finishes in the high jump, 100-meter dash and the long jump.

"The Classic was an amazing experience, and I was glad to be able to help contribute to our team," Tolson said. "We performed great, and we can thank our hard work for this success."

On the men's side, senior Brandon Lane emerged as a leader, placing in the top two in four different events including the long jump, hurdles, triple jump and high jumps. Sophomore Jacob Adedeji won the high jump, with he and Lane each clearing an astounding top height of 6' 2.75."

Distance runners senior Chris Barnard and juniors Trent Seawell and John Fitzgerald all contributed wins with successful finishes in the 3,000-meter steeplechase event and 5,000-meter runs.

"It was windy, it was cloudy, but it was fun," Barnard said. "We were well-prepared and performed to the best of our abilities out there."

Jones commented on his teams' successes and claimed he could not pick one athlete who stood out during the Classic.

"I can't place my finger on a specific individual, there were just so many outstanding efforts from both our teams all around," Jones said.

The teams will continue to prepare to defend their CAC Championships from 2010.

"We always compete well at home," Jones said. "Having family and friends support means a great deal to our team, so we look forward to home meets."

Sam Bradman among 58 males to make watch list for Tewaaraton Award

WASHINGTON, D.C. — The Greater Washington Sports Alliance recently announced its watch list for the 2011 Tewaaraton Award and Salisbury University junior midfielder Sam Bradman made the list of 58 male student-athletes.

The Tewaaraton Award, which will be presented this year for the 11th time, is handed out annually to the NCAA male and female lacrosse Players of the Year; it will be presented on June 2 at the historic Warner Theatre in Washington, D.C.

The list of 58 male and 48 female student-athletes will be whittled down several times over the course of the season, until the top 10 male and female Tewaaraton Award Finalists are named this May.

Bradman, the reigning Division III National Midfielder of the Year, has played and started in all five contests and leads the team with 22 points. The junior has found the back of the net a team-high 16 times so far this season. This includes a career-high eight goals in a win over No. 10 Lynchburg College on Feb. 19. The Canton, N.Y., native has also picked up seven ground balls for the Sea Gulls.

Bradman is one of five Division III student-athletes to be named to the watch list; the midfielder is the only junior of that group.

-SUSeaGulls.com

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Continued from page 8

Men's Lacrosse

The Salisbury University men's lacrosse team (5-0) sealed a 14-2 triumph over McDaniel College March 2.

Within the first 50 seconds, junior Sam Bradman scored an unassisted goal, and junior Tony Mendes would come back three minutes later with another unassisted goal. Near the end of the quarter, junior Jeff McGuire scored a goal off an assist from junior Matt Cannone. Bradman and Mendes would score again for Salisbury in the second quarter.

Junior Erik Krum notched three goals of his own in the third quarter, two assisted by Cannone. In the fourth quarter, junior Evan Hammersly scored the first college of his Sea Gull career from an assist by junior Kyle Gallagher.

Cannone tallied a team-high five points and Krum finished with a team-high four goals. Senior Shawn Zordani finished with three. Senior goalkeeper Johnny Rodriguez had two saves earning his fourth win of the season.

Baseball

The Salisbury University baseball team (6-3, 5-1 CAC) fell in its first Capital Athletic Conference match-up against St. Mary's (Md.) College March 4. The Gulls fell to the Seahawks 5-1.

St. Mary's registered the first run of the game in the first inning off of senior pitcher Chris Greiner.

In the top of the fourth, senior Devon Quaglietta doubled and was able to go to third on senior Brian Green's fly out. Sophomore Matt Beck's RBI brought Quaglietta in to score Salisbury's lone run of the game. In the bottom of the fourth inning, the Seahawks would score two runs, giving them a 3-1 lead over SU. The Seahawks scored two more in the bottom

of the eighth inning off three Sea Gull errors.

Greiner was tagged with his first loss, striking out eight and allowing nine hits. Freshman Bill Root and junior Nick Walls had singles in the game.

Indoor Track and Field

A few members of the Salisbury University men's and women's track and field teams traveled to Blacksburg, Va., March 6 to compete in the Virginia Tech Last Chance Meet.

In the shot put, sophomore Chelsea Tavik had a distance of 44' 6.5," breaking her school record by five inches. In the weight throw, junior Jennifer Houghton had a distance of 52' 0.75," bettering her school record by more than a foot.

In the men's 800-meter run, senior Matt Miller finished in sixth place with a final time of 1:58.27. Freshman Ryan Jackson took the top spot in the 3,000-meter run with a final time of 8:49.79. Junior Jay Drenner had a distance of 46' 3.75" in the weight throw.

Women's Lacrosse

The Salisbury University women's lacrosse team defeated Catholic University of America 20-8, March 6.

Senior Trish DiGirolomo scored Salisbury's first goal within the first four minutes of play. The Gulls jumped to a 6-3 lead when juniors Alyssa Fowler and Allie Wheatley scored two goals each. After a goal by the Cardinals and seven straight goals by Salisbury, SU went into halftime with a 13-4 lead.

SU scored seven additional goals in the second half, bringing the final score to 20-8.

DiGirolomo finished with a new career-high in points and assists. She finished with 10 points and eight assists. Wheatley had a game-high five goals and seniors Logan Bilderback, Aileen McCausland and junior Carrie Bray scored three goals each. Senior goalkeeper Julie Ann Caulfield had eight saves.

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SALISBURY SPORTS CALENDAR

Tuesday - 3/8	Wednesday - 3/9	Thursday - 3/10	Friday - 3/11	Saturday - 3/12	Sunday - 3/13	Monday 3/14
	4 p.m.: Women's Lacrosse vs Mary Washington		3:30 p.m.: Baseball vs. Albertus Magnus	Noon and 2:30 p.m.: Baseball vs. Mary Washington 1 p.m.: Men's Lacrosse vs. Ohio Wesleyan 9 a.m.: M/W Tennis vs. Wesley Noon: M/W Tennis vs. York (Pa.) 3 p.m.: Men's Tennis vs. Va. Wesleyan	1 and 3 p.m.: Softball vs. Frostburg State	